



Baked Beans

This meatless dish is a must try! Baked beans with a Hawaiian twist that includes sweet bites of pineapple, onions, and a smokey flavor of the south.

Preparation Time: 20 minutes

Cook Time: 40 minutes

NSLP/SBP Crediting Information:

Beans, peas, and lentils as meat/meat alternate: ½ cup provides 2 oz eq meat/meat alternate.

Beans, peas, and lentils as vegetable: ½ cup provides ½ cup vegetable (½ cup beans, peas, and lentils).

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beans, vegetarian, low-sodium, canned, with liquid	14 lbs 10 oz	1 gal 2 qt 1 ½ cup	29 lbs 4 oz	3 gal 3 cups	1 Preheat oven: Conventional oven: 375 °F. Convection oven: 350 °F. 2 In a large mixing bowl, combine beans, onions, crushed pineapple, tomato paste, brown sugar, yellow mustard, liquid smoke, ground mustard, apple cider vinegar, cinnamon, black pepper, and allspice. Stir well.
*Onion, yellow, fresh, small dice	1 lb 8 oz	1 qt 2 cups	3 lbs	3 qts	
Pineapple, crushed, canned, in juice	1 lb 4 oz	2 cups	2 lbs 8 oz	1 qt	
Tomato paste, no salt added, canned	10 oz	1 cup 1 Tbsp 1 tsp	1 lb 4 oz	2 cups 2 Tbsp 2 tsp	
Sugar, brown, packed	7 oz	1 cup	14 oz	2 cups	
Mustard, yellow	5 oz	½ cup	10 oz	1 cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Liquid smoke		2 Tbsp 2 tsp		¼ cup 1 Tbsp 1 tsp	
Mustard, ground		2 Tbsp 2 tsp		¼ cup 1 Tbsp 1 tsp	
Vinegar, apple cider		2 Tbsp		¼ cup	
Cinnamon, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Pepper, black, ground		1 tsp		2 tsp	
Allspice, ground		1 tsp		2 tsp	3 Pour 1 gallon (10 lbs 8 oz) bean mixture into a steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					4 Bake: Conventional oven: 375 °F for 20-25 minutes. Convection oven: 350 °F for 15 minutes. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. Critical Control Point: Hold for hot service at 135 °F or higher.
					5 Serve ½ cup using a 4 ounce slotted spoodle.

NUTRITION INFORMATION

For ½ cup

NUTRIENTS **AMOUNT**

Calories **200**

Total Fat **1 g**

Saturated Fat 0 g

Cholesterol **0 mg**

Sodium **160 mg**

Total Carbohydrate **38 g**

Dietary Fiber 6 g

Total Sugars 13 g

Added Sugars 4 g

Protein **6 g**

Vitamin A 0 RAE

Vitamin C 3 mg

Calcium 16 mg

Iron 0 mg

Source:

USDA Standardized Recipe Project — 2025

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Onions, yellow, fresh	1 lb 8 oz	3 lbs

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
2 gal (21 lbs)	4 gal (42 lbs)

